MIO LINK

COMPLETE USER GUIDE

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HAVE ANY QUESTIONS ABOUT YOUR MIO LINK?

We're ready to help!

Your complete satisfaction is our goal, so your feedback is crucial.

If you have any thoughts, questions, or concerns, just contact our knowledgeable support team at:

1.877.770.1116

support@mioglobal.com

mioglobal.com/support

facebook.com/mioglobal

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MIO GO

Setup your heart rate zones and register for product updates

Download on the App Store

GET IT ON Google play

WELCOME

Congratulations on your purchase of Mio LINK, the performance-level, strapless, continuous heart rate monitor that you can wear on your wrist. Mio LINK uses ANT+™ and *Bluetooth®* Smart technology to transmit your heart rate data to smartphones and other compatible devices. Download the Mio GO app for a fully personalized, interactive workout, or take advantage of hundreds of other fitness apps.

Remember to register your Mio LINK through the Mio GO app, or online at **mioglobal.com/register** for full warranty service.

GETTING STARTED

What's Included

1. Mio LINK
2. USB Charger
3. Quick Start Guide

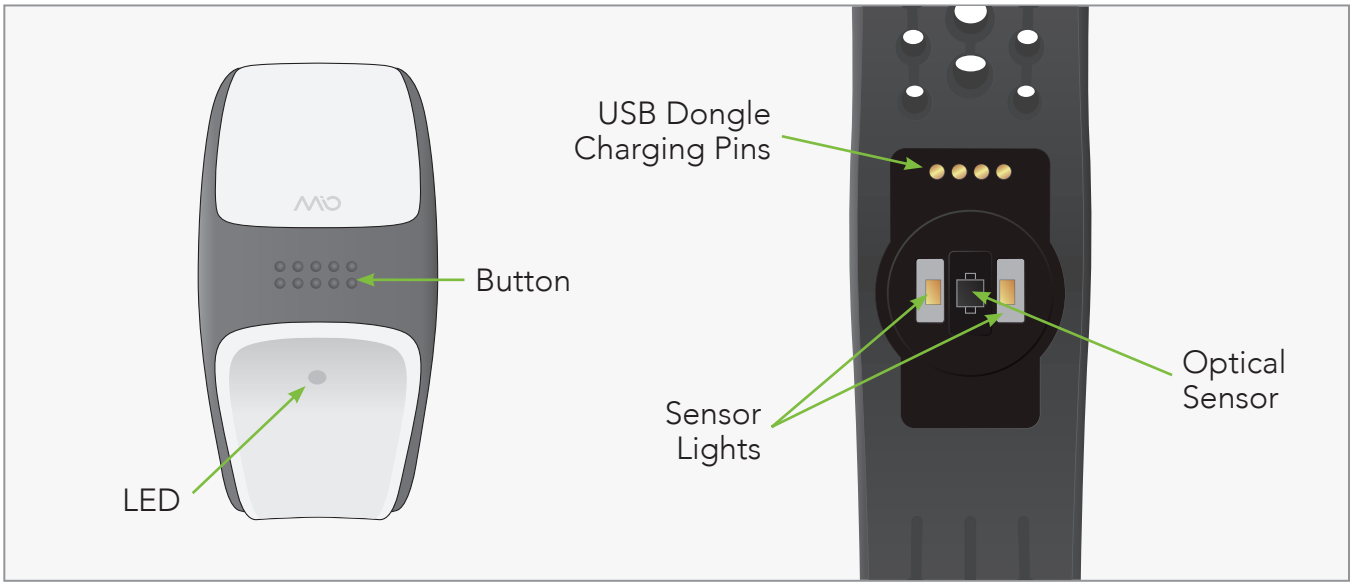
IMPORTANT SAFETY INFORMATION

Consult your doctor before beginning a new exercise program.

Mio LINK provides very accurate heart rate measurements. However, it is not a medical device. The LINK and USB dongle contain strong magnets. If you use a pacemaker, defibrillator, or other implanted electronic devices, consult your doctor before using a Mio LINK.

See **Charging The Battery** for important battery care and battery safety information.

YOUR MIO LINK



Activating Your Mio LINK

1. Remove your Mio LINK from the packaging.
2. Fasten the LINK onto your wrist.
3. Press and hold the button to activate Mio LINK. The LED will light up.
4. After a few seconds, the LED light will turn off.
5. Mio LINK is now activated and in standby mode.

Wearing Your Mio LINK

To accurately monitor your heart rate:

- Fasten Mio LINK snugly on your wrist. The optical sensor on the back should make good contact with your skin.
- You should wear Mio LINK above, and not directly on top, of your wrist bone
- If you have a smaller wrist, wear Mio LINK higher on your forearm.
- If you use Mio LINK for biking, wear it higher on your forearm, since the bending of the wrist will affect the heart rate reading.
- If you often have cold hands or poor circulation, try exercising for a few minutes to increase blood flow before you begin to track your heart rate.

USING MIO LINK

GETTING YOUR HEART RATE

You can get your real-time heart rate when you put Mio LINK in Heart Rate (HR) Mode. You must be wearing the LINK to obtain an accurate heart rate reading. The heart rate may take a few seconds to Button LED Optical Sensor USB Connector Charging Pins Charging Pins stabilize while your body is adjusting to the physical activity; we recommend activating Heart Rate Mode during the warm up stage of your workout.

Turning On HR Mode

1. While standing still, press and hold the Button until the LED lights up. The color of tis LED is an indicator of the battery level. (See **Charging The Battery** for more information).
2. Mio LINK will immediately begin searching for your HR, indicated by the pulsing LED light.
3. Hold your arm still until the LED blinks in a distinctively slower pattern. This means the LINK has found your heart rate. The LED color at this point is an indicator for the HR zone. For more details, please refer to **Heart Rate Zones**.

If no valid heart rate signal is found within the initial 2 minutes, the LED will light up in red for 2 seconds, then the LINK will automatically leave Heart Rate Mode and turn off.
Please refer to **Troubleshooting**.

During your workout, if you see a red LED flashing in a steady pattern (ON for 1 second, OFF for 1 second), the LINK has lost connection to your heart rate. Please refer to **Troubleshooting**.

Turning Off HR Mode

Press and hold the Button until the LED lights up for 2 seconds. The color of this LED indicates the battery level. (See **Charging The Battery** for more information).

Troubleshooting

- Minimize wrist movement when Mio LINK is searching for your initial heart rate.
- You may need to tighten the strap.
- Try wearing the LINK higher on your forearm.
- On colder days, activate the heart rate reading before heading outdoors.
- If you are still having trouble, try wearing the LINK on your other wrist.

HEART RATE ZONES

Your target heart rate (HR) zone consists of your upper HR limit and your lower HR limit. These limits are usually a percentage of your maximal heart rate (MHR). If you do not know your MHR or upper and lower HR limits, you can check with your doctor, or use this following MHR calculation method as guidance:

$$MHR = 208 - (0.7 \times Age)$$

Using Heart Rate Zones Alerts

Training Zone Mode is the factory default on Mio LINK. To switch to Zone Alert Mode, or to customize the upper and lower boundaries of each HR zone, please refer to **Customizing Heart Rate Zones**.

Training Zone Mode (5-Zone)

The LED light will blink slowly to indicate your current HR zone. You can customize the upper and lower boundaries of each HR zone through the Mio GO app. Please see **Customizing Heart Rate Zones** for more details.

COLOR	DESCRIPTION	LOWER HR LIMIT	UPPER HR LIMIT
Cyan	Resting	0% of MHR	<50% of MHR
Blue	Warm Up / Recovery	50% of MHR	<60% of MHR
Green	Fat Burn & Endurance	60% of MHR	<70% of MHR
Yellow	Aerobic Fitness	70% of MHR	<80% of MHR
Magenta	Anaerobic Intensive	80% of MHR	<90% of MHR
Red	Peak Performance	90% of MHR	220 BPM

Note: *This table is only a suggested range.*

Zone Alert Mode (1-Zone)

In Zone Alert Mode, the LED will blink slowly to indicate whether you are below, within, or above the target HR zone. A double LED flash indicates your heart rate is outside of the target HR zone by 10 BPM or more.

COLOR	DESCRIPTION	LOWER HR LIMIT	UPPER HR LIMIT
Blue	Below Target HR Zone	0% of MHR	<65% of MHR
Green	Within Target HR Zone	65% of MHR	<85% of MHR
Red	Above Target HR Zone	85% of MHR	100% of MHR

Note: *This table is only a suggested range.*

CUSTOMIZING HEART RATE ZONES

To achieve the full potential of training with Mio LINK, you should configure your LINK through the Mio GO app. Mio GO allows you to:

- Customize your upper and lower limits of each HR zone
- Switch between Training Zone Mode and Zone Alert Mode
- Register your LINK to receive full warranty service and product updates

Mio GO is available for download in the Apple App Store and Google Play store.

Note: *Currently, the Android version of Mio GO will be for setup only. Full features coming soon!*

Configuring your Mio LINK

1. Turn on the Heart Rate Mode of your Mio LINK.
2. Open the Mio GO app on your smartphone or tablet. If you are opening the app for the first time, you will be asked to register and connect your LINK, as well as set up a user profile. For instructions on pairing your LINK with Mio GO, please see **Using Mio LINK With Devices And Apps**.
3. Tap the Connect icon to see all your previously connected devices.
4. Select your LINK from the list of connected devices. When your LINK has successfully connected to Mio GO, a ***Setup Mio LINK*** button will appear.
5. Tap ***Setup Mio LINK*** to access the configuration settings of your LINK.
6. The screen will clearly indicate whether your LINK is currently in Training Zone Mode or Zone Alert Mode.
7. Select ***Zone Alert Mode*** or ***Training Zone Mode***.
8. Choose to customize your lower and upper HR limits by either % Max HR or BPM.
9. Tap each zone to change the lower and upper boundaries. Tap ***Done***.
10. Tap ***Save Zone Settings*** to save.
11. Your LINK is now configured and ready to support your workout!

For more information or for assistance with configuring your Mio LINK, please visit **mioglobal.com/support**.

USING MIO LINK WITH APPS & DEVICES

Mio LINK can be used as a stand-alone heart rate monitor with heart rate (HR) zone indicator. You can also transmit your real-time HR data, using ANT+ or *Bluetooth* Smart technology, to any compatible smartphones and exercise equipment computers. Connect your Mio LINK to a compatible device to take advantage of the wide range of fitness apps available. For a complete list of compatible devices, please visit **mioglobal.com/apps**.

Compatible devices will only capture LINK's HR data in real-time. This requires you to have the device with you while you are tracking your heart rate.

WORKING WITH A RECEIVING DEVICE

- When Mio LINK is in Heart Rate Mode, it will transmit your HR data through *Bluetooth* Smart and ANT+ wireless technology simultaneously, allowing Mio LINK to be discovered from compatible devices.
- Wear the receiving device on your arm, in your front pocket, or in front of you on a belt or bike handlebar. Do not position the device behind you (e.g. in a back pocket or backpack).
- Heart rate calculation of the LINK is not based on instant R-R interval, and will not work for apps that require heart rate variability (HRV) data.

Tip: *The first time you use your LINK with a receiving device or app, you must pair the LINK to the device or app. Pairing can prevent signal interference when other sensors and devices are in the area.*

Tips For Pairing

- Mio LINK must be in Heart Rate Mode.
- Position the receiving device within 3 meters (9 feet) of your LINK.
- Stay 10 meters (30 feet) away from other ANT+ or *Bluetooth* sensors and devices.

PAIRING WITH APPS

1. If you want to pair through ANT+, you will need a device with built-in ANT support, or an ANT+ dongle (for details, visit http://www.thisisant.com). If you want to pair through *Bluetooth* Smart technology, turn on the *Bluetooth* function of your device.
2. Turn on Heart Rate Mode on your Mio LINK.
3. Open the app that you would like to pair with. Instructions vary for each app, but typically, you can add or scan for a heart rate sensor within the app's settings.

Note: *Pairing must be completed within the app settings, and not in your smart device Bluetooth settings.*

4. Repeat the above pairing process for each app. After pairing is complete, your LINK will automatically be recognized each time you use the app

   Note: *To pair with an Android app through Bluetooth Smart, all of the following requirements must be met:*
   - Your device must be running an Android 4.3 or newer operating system.
   - Your device must be *Bluetooth* Smart Ready.
   - The app must support *Bluetooth* Smart technology.

PAIRING WITH RECEIVING DEVICES SUCH AS BIKE COMPUTERS

Instructions vary for each device. Follow the instructions for receiving heart rate data from a chest strap; your device will register the Mio LINK.

MAINTAINING YOUR MIO LINK

CHARGING THE BATTERY

Mio LINK contains a rechargeable lithium polymer battery. Follow these instructions and guidelines to maintain the battery lifespan.

If you do not follow these guidelines, the battery life could be shortened and there is the risk of damage to your LINK, risk of fire, risk of electrolyte leaks and chemical burns, and risk of injury.

Battery Status

There are two ways to see the battery level of your Mio LINK:

1. The LED light will light up and indicate the battery level every time you turn on or turn off Heart Rate Mode.

COLOR	BATTERY POWER
Cyan	Battery is charged
Yellow	Battery level is below 30%
Red (flash twice)	Battery level is low and unable to provide heart rate measurement

2. On the display screen of the Mio GO app.

   Note: *Your LINK must be connected to Mio GO to use this option.*

Battery Life

Every full charge of Mio LINK will provide 8 to 10 hours of battery life in Heart Rate Mode.

Charging Your Mio LINK

1. Make sure the 4 charging pins on the back of the Mio LINK are dry. If not, dry them with a towel.
2. Plug the USB connector of the USB dongle into the USB port of your computer.
3. Attach the 4 charging pins on the back of the LINK to the 4 charging pins on the USB dongle. The magnets in the charging pins will help the two pieces lock into place.

The LED light will fade in and out slowly in a cyan color ● to indicate that the battery is charging. When the battery is fully charged, the LED light will turn off.

Battery Care Guidelines

- Recharge the battery at least once every 6 months.
- Do not expose Mio LINK to high temperatures.
- Use your LINK in the temperature range of 5°C to 45°C (41°F to 113°F).
- Store the LINK in the temperature range of 0°C to 25°C (32°F to 77°F).
- Do not disassemble, puncture, or incinerate the LINK strap or battery.
- If the band casing breaks and the battery is exposed, keep the battery away from children.

Battery Replacement

- The battery lifetime is approximately 300 charge cycles. If the battery is charged on a weekly basis, the battery should last for 5 years.
- When the battery charge length is noticeably shorter than before, visit **mioglobal.com/support** to find out how to replace the battery.
- Contact your local recycling authority for information about disposing of the band or battery.

USING YOUR MIO LINK IN WATER

- Mio LINK is water-resistant and can be worn while swimming.
- **Important:** Do not press the Button under water.
- The accuracy of the heart rate monitor might be reduced in cold water or if you are using large arm movements.
- Do not wear your LINK while diving.
- RF transmission does not work under water.
- After swimming, remove the LINK strap from the main unit. Rinse both with tap water and dry with a soft cloth.

CARING FOR YOUR MIO LINK

Cleaning Your Mio LINK

- Wipe the optical sensor area and charging pins with a damp cloth as needed. Use mild soap to remove oil or dirt. If you use Mio LINK regularly, weekly cleaning is recommended.
- Avoid scratching the optical sensor area to protect your LINK from damage.
- Do not expose the LINK to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the seal, case, and finish.
- After swimming, remove the strap from the main unit. Rinse both with tap water and dry with a soft cloth.

Other Care Tips

- Do not attempt to disassemble or service your Mio LINK.
- Protect your LINK from impact shocks, extreme heat, and extended exposure to direct sunlight.
- The LINK is water-resistant only if the buttons and casing remain intact.

MIO LINK SPECIFICATIONS

Maximum Readable Heart Rate: 220 BPM
Minimum Readable Heart Rate: 30 BPM
Operating Temp: 5°C to 45°C (41°F to 113°F)
Case: ABS
Caseback: PC+GF
Caseback Charging Pins: SUS316
Strap: Silicon
Water Resistance: 30M
Battery: 60mAh Lithium Polymer
Expected Battery Life: Up to 5 Years
Magnets: Neodymium – iron – boron (NdFeB)
Radio Frequency/Protocol: 2.4 GHz ANT+ and *Bluetooth* Smart Wireless Technology

WARRANTY AND REGULATIONS

WARRANTY & SERVICE

Be sure to visit our Product Support pages to find online help, FAQs, videos, and manuals for your product: **mioglobal.com/support.**

Mio Limited Warranty Information

This product is warranted to the original purchaser to be free from defects of quality, materials or workmanship at the time of delivery for the Limited Warranty Period (see below). During the Limited Warranty Period, Physical Enterprises Inc. (Mio Global) will, at its sole discretion, remedy such defects free of charge either by a) repairing, or b) replacing, or c) refunding the original purchase price (excluding taxes, shipping, handling, duties, and similar amounts), subject to the terms and conditions of this Limited Warranty. Processing of all warranty claims will be handled by the distributor of the product for the geographic area where the original purchase was made. To obtain warranty service, contact the store/dealer where the product was purchased to make a warranty claim.

Warranty Period

The "Limited Warranty Period" starts on the date of purchase and lasts for one year, ending on the first anniversary of the date of purchase. Your store/dealer (or its importer or distributor) may have offered you a longer warranty period as part of the sale; Mio Global is not responsible for such longer warranty period so please contact your store/dealer for more information. The Limited Warranty Period will automatically expire without notice, and this Limited Warranty is not enforceable, if (as determined at the sole discretion of Mio Global):

1. the product has been opened or otherwise tampered with (except where permitted by the relevant documentation, such as to properly replace batteries as instructed);
2. the product has been serviced by a person other than Mio Global;
3. the serial number has been removed, altered or made illegible in any way; or
4. the product was not purchased from an authorized reseller of Mio Global (please contact Mio Global to obtain a list of authorized resellers).

Please refer to **mioglobal.com/support** for country-specific warranty information.

Exclusions and Limitations

This Limited Warranty does not cover, and customers will not be entitled to any claim under this Limited Warranty or otherwise for:

1. problems arising from abuse or rough, careless, or improper handling (and without limiting the foregoing, damage resulting from bending or dropping the product will be deemed the result of abuse or improper use);
2. problems arising from misuse contrary to intended or recommended use;

3. problems arising from alteration of the Mio product, such as moisture or water damage sufficient to affect the proper function of the product, and damage to the product case or visible cracking of the face;
4. problems arising from the use of the Mio product with any product, accessory, software and/or service not manufactured or supplied by Mio Global; or
5. replaceable batteries, or user manuals or any third-party items;

in each case as determined at the sole discretion of Mio Global.

EXCLUSIONS AND LIMITATIONS OF LIABILITY; DISCLAIMERS

THIS LIMITED WARRANTY IS ONLY VALID AND ENFORCEABLE IN THE COUNTRY OF PURCHASE. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE, MANDATORY LAWS:

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2. NEITHER THIS LIMITED WARRANTY, NOR ANY OTHER WARRANTY, GUARANTEE, REPRESENTATION OR CONDITION, INCLUDING ANY IMPLIED WARRANTY AND CONDITION (WHETHER FOR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OR OTHERWISE), WILL EXTEND BEYOND THE LIMITED WARRANTY PERIOD;
3. MIO GLOBAL, OR ANY OF ITS AFFILIATES OR THEIR RESPECTIVE EMPLOYEES, OFFICERS, DIRECTORS, REPRESENTATIVES AND AGENTS (COLLECTIVELY, THE "PHYSICAL ENTITIES"), SHALL NOT BE LIABLE FOR SPECIAL, INCIDENTAL, PUNITIVE, INDIRECT OR CONSEQUENTIAL DAMAGES, INCLUDING BUT NOT LIMITED TO LOSS OF ANTICIPATED BENEFITS, LOSS OF DATA, LOSS OF USE, COST OF CAPITAL, COST OF ANY SUBSTITUTE EQUIPMENT OR FACILITIES, CLAIMS OF THIRD PARTIES, DAMAGE TO PROPERTY RESULTING FROM THE PURCHASE OR USE OF THE ITEM OR ARISING FROM BREACH OF THE WARRANTY, BREACH OF CONTRACT, NEGLIGENCE, STRICT TORT, OR ANY LEGAL OR EQUITABLE THEORY, EVEN IF MIO GLOBAL KNEW OF THE LIKELIHOOD OF SUCH DAMAGES;
4. WITHOUT LIMITING THE FOREGOING, THE PHYSICAL ENTITIES DO NOT WARRANT THAT THE OPERATION OF THE PRODUCT WILL BE UNINTERRUPTED OR ERROR FREE, OR THAT THE PRODUCT WILL WORK WITH ANY HARDWARE OR SOFTWARE PROVIDED BY A THIRD PARTY, AND EXPRESSLY DISCLAIM ANY DAMAGES RESULTING FROM INACCURACY OR MATHEMATICAL INACCURACY OF THE PRODUCT OR THE LOSS OF STORED DATA; AND
5. THE PHYSICAL ENTITIES SHALL NOT BE LIABLE FOR DELAY IN RENDERING WARRANTY SERVICE.

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Contacting Mio Global

For all matters related to this Limited Warranty, please contact Mio Global:

1.877.770.1116

support@mioglobal.com

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Other trademarks and trade names are those of their respective owners.

REGULATIONS AND CONFORMITY

The Mio LINK Regulatory Sheet is available for download at **mioglobal.com/support**.

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to your local recycling service.

EU-DECLARATION OF CONFORMITY Physical Enterprises Inc. declares this heart rate band (Mio LINK) in compliance with EMC directive 2004/108/EC. Please e-mail **support@mioglobal.com** to request a copy of the Declaration of Conformity.

If there are electrostatic disturbances in the environment, the product may malfunction or display an error. In this case, reset the product or relocate to an area without such disturbances.

Model #56P

Made in China